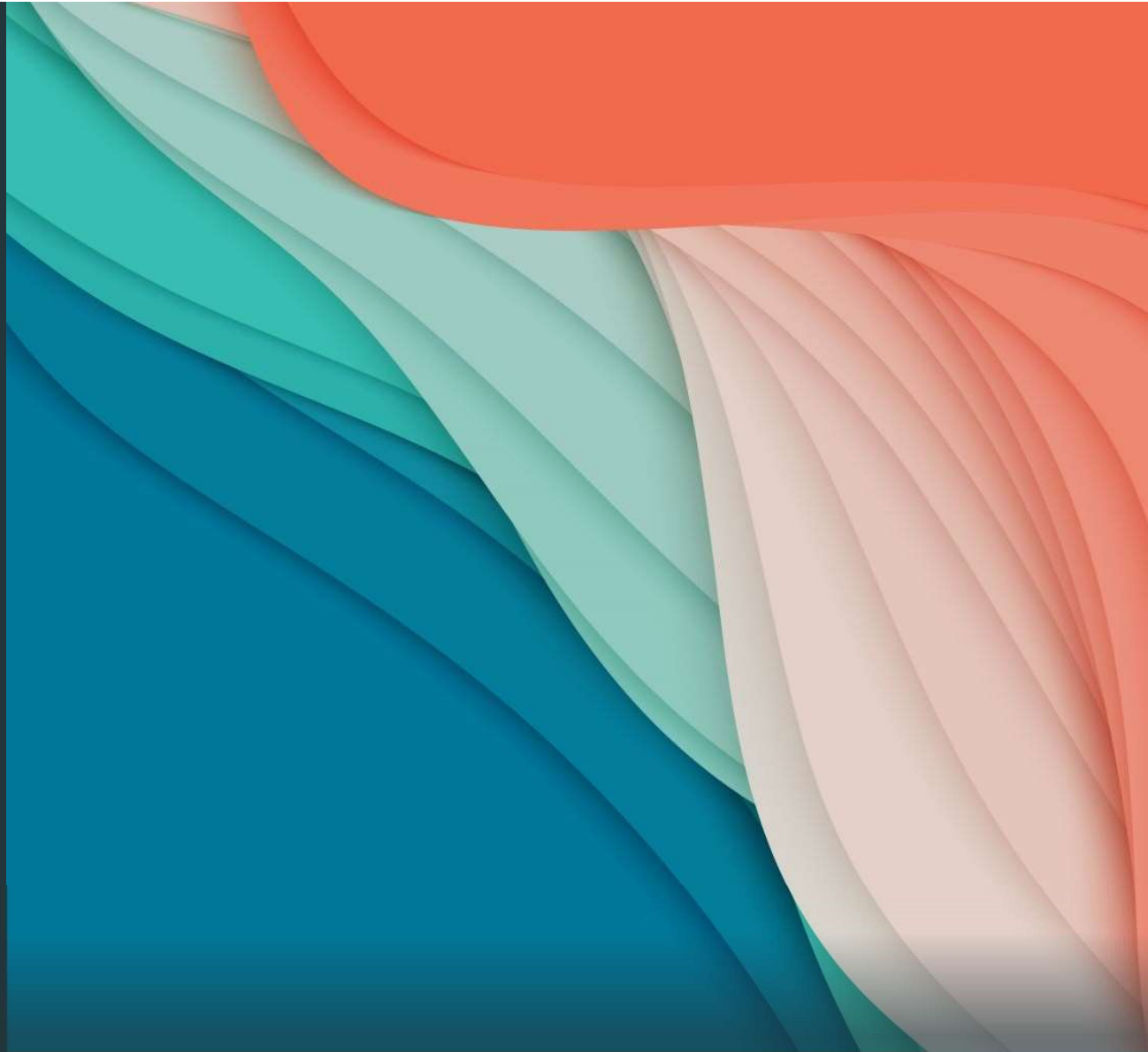




Studying Maladaptive Daydreaming's Impact on Impulsivity

Hasan Demirbas

Indiana University Southeast



What Is Maladaptive Daydreaming?

- Complex daydreams
 - Daydreams have story lines
 - Original characters or characters from books, movies, or real-life celebrities
 - Daydreams are in the real world or fictional worlds
 - Individual can resume daydream like resuming a show
 - Repetitive movement
 - Moving back and forth
 - Juggling
 - Acting out daydreams
 - Facial movements or full body
 - Music plays a role in fully immersing in daydream
 - Music can sometimes even trigger daydreams
-
- Wife has had MD since childhood, found the MD community in 2018

Quick Overview of the Study

- Use the Maladaptive daydreaming scale-16 (MDS-16) (Somer, Soffer-Dudek, Ross, et al., 2017) to separate those with MD and without MD
- Measure the impulsivity of those who score higher than a 50 on the maladaptive daydreaming scale - 16 (MDS-16) by using:
 - The Immediate and Delayed Memory Tasks (IMT/DMT) (Dougherty, Marsh, & Mathias, 2002)
 - Recreated in Psychopy.
- Why?
 - Individuals who have MD have comorbidities of ADHD and OCD
 - Research is still unsure if ADHD and OCD are comorbidities or just characteristics of MD
- Hypothesis
 - Those who score high on the MDS-16 will also have high IMT/DMT scores and have more space responses

NOTE:

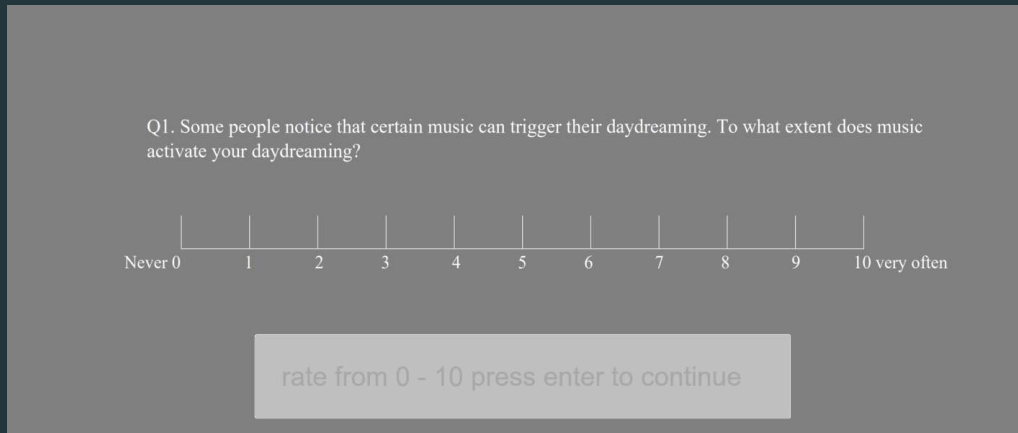
- Explain psychopy 3 shortly in quick overview
- Reorder a bit
- Include images of psychopy
- If possible rearrange for more conciseness.



MDS-16

- 16 questions on a 10 – point self-report scale that ranges from 0% to 100%
 - Current study used 0-10
- asks questions about daily behavior and emotions associated with daydreaming.
 - *"Some people notice that certain music can trigger their daydreaming. To what extent does music activate your daydreaming?"*
- The MDS – 16 has shown stable internal consistency and temporal stability with test – retest reliability ($r = 0.92$)

How the MDS-16 looked in psychopy



Q1. Some people notice that certain music can trigger their daydreaming. To what extent does music activate your daydreaming?

Never 0 1 2 3 4 5 6 7 8 9 10 very often

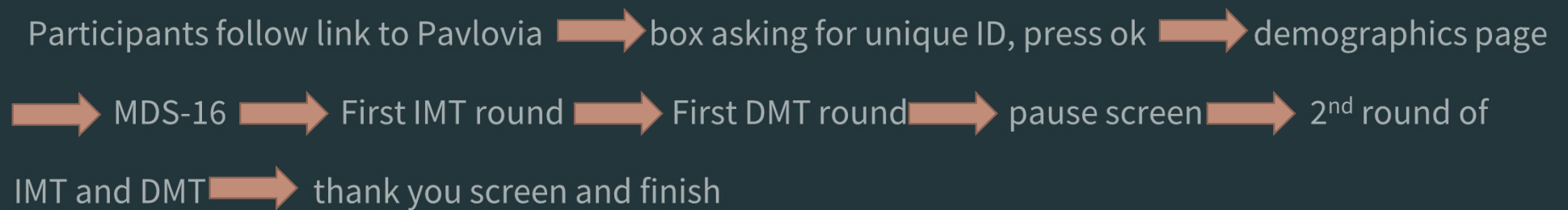
rate from 0 - 10 press enter to continue

IMT/DMT and Psychopy

- The immediate and delayed memory tasks
 - IMT and DMT
 - IMT task: 29403, 29404, 39482, 75482, 75482 - Participant presses space on keyboard when same number is presented twice in a row
 - DMT task: 29403, 12345, 12345, 12345, 29403 - Requires participant to memorize first number and press up on keyboard when they see it again
 - chosen due to high internal validity and accuracy
 - Because of COVID-19, the IMT/DMT official software was unavailable, needed to adapt
- Psychopy
 - Free software for creating experiments



Flow of the study



Participants

- Recruited through social media and online forums as well as word of mouth through IUS faculty.
 - Recruitment ad had a link which redirected them to the hosting site Pavlovia.
- Out of the approximately 356 participants only 13 participants fully qualified with one participant partially qualifying
 - Participants had to finish the whole study for data to count, majority only completed the MDS-16
 - 1 participant finished only one block of the IMT/DMT
- Ages ranged from 18-28 ($M = 21.64$, $SD = 3.15$)
- Participants were majority female (79%)



Results

- Unfortunately – not enough participants for any conclusions
- No control group was possible, every participant scored >50 on the MDS-16 ($M = 108.8$, $SD = 24.94$)
- Cronbach's alpha for the MDS-16 was 0.89



Conclusions



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References

